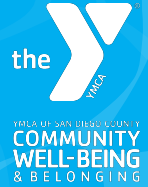


POOL SCHEDULE

RECREATION POOL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	6:00-8:00am Lap Swim (4)	6:00-9:15am Lap Swim (4) 8:00-9:00am Aqua Fit	6:00am-3:30pm Lap Swim (4) 8:00-9:00am Aqua Fit 11:00am-12:00pm Aqua Fit	6:00-8:00am Lap Swim (4)			
7AM				8:00-9:00am Lap Swim (3) Aqua Fit (1)		7:00-9:15am Lap Swim (4) 8:00-9:00am Aqua Fit	
8AM					8:00-9:00am Lap Swim (3) Aqua Fit (1)		8:00-9:15am Lap Swim (4)
9AM	9:00am-3:30pm Lap Swim (4) 11:00am-12:00pm Aqua Fit	9:15am-12:00pm Lap Swim (2) Swim Lessons (2)			9:15am-12:00pm Lap Swim (2) Swim Lessons (2)	6:00am-3:30pm Lap Swim (4) 8:00-9:00am Aqua Fit 11:00am-12:00pm Aqua Fit	9:15am-12:45pm Lap Swim (1) Lessons (3)
10AM							
11AM							
12PM			12:00-3:30pm Lap Swim (4) 12:00pm-1:00pm Aqua Fit		12:00-3:30pm Lap Swim (4)		12:00-5:00pm Lap Swim (4)
1PM							
2PM							
3PM	3:30-7:00pm Lap Swim (2) Swim Lessons (2)	3:30-7:00pm Lap Swim (2) Swim Lessons (2)	3:30-7:00pm Lap Swim (2) Swim Lessons (2)	3:30-7:00pm Lap Swim (2) Swim Lessons (2)	3:30-7:00pm Lap Swim (1) Swim Lessons (3)	12:45-6:00pm Lap Swim (4)	
4PM							
5PM							
6PM							
7PM	7:00-8:30pm Lap Swim (4)	7:00-8:30pm Lap Swim (4)	7:00-8:30pm Lap Swim (4)	7:00-8:30pm Lap Swim (4)	7:00-7:30pm Lap Swim (4)		
8PM							

From:
DEC. 6, 2025 – JAN. 31, 2026

*Number of swimming lanes available in parentheses
During peak hours, family swim will have 10 minute
breaks at the top of every hour.

Family Swim Hours:

Monday – Thursday	9AM – 8:30PM
Friday	9AM – 7:30PM
Saturday	11:30AM – 6PM
Sunday	8AM – 5PM

Splash Pad Hours:

Monday – Thursday	9AM – 8:00PM
Friday	9AM – 7:00PM
Saturday	7AM – 6PM
Sunday	8AM – 5PM

RULES:

Children 13 and under MUST pass the swim test to swim without an adult.

An adult MUST be in the water with non-swimmers, within arms reach.

Adult to child ratio: If more than 1 child per 1 adult in the pool, the other children MUST pass the swim test or wear a Coast Guard approved life vest.

Children 6 and under must be actively supervised in the water by an adult 16 years or older.

Children 7-12 must have adult supervision within the area, even if the swim test has been passed.

ADDITIONAL NOTES:

Swim Lesson Registration opens every month on the 15th for members and on the 17th for non-members.

The Splash Pad may be closed for private birthday parties between 11:30am-4:30pm on Saturdays and Sundays

Lifeguard training 12/6-7 & 12/13-14 may impact lane availability.

POOL SCHEDULE

LAP POOL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM	6:00-7:00am Lap Swim (4) Masters (4)	6:00-8:00am Lap Swim (8)	6:00-7:00am Lap Swim (4) Masters (4)	6:00-8:00am Lap Swim (8)	6:00-7:00am Lap Swim (4) Masters (4)		
7AM	7:00am-4:00pm Lap Swim (8)		7:00am-4:00pm Lap Swim (8)		7:00am-4:00pm Lap Swim (8)	7:00-8:00am Lap Swim (8)	
8AM		8:00-9:00am Lap Swim (3) Masters (5)		8:00-9:00am Lap Swim (3) Masters (5)		8:00-9:00am Lap Swim (4) Masters (4)	8:00am-5:00pm Lap Swim (8)
9AM							
10AM							
11AM							
12PM							
1PM		9:00am-5:00pm Lap Swim (8)		9:00am-5:00pm Lap Swim (8)			
2PM							
3PM							
4PM	4:00-6:00pm Lap Swim (3) Swim Team (5)		4:00-6:00pm Lap Swim (3) Swim Team (5)		4:00-6:00pm Lap Swim (4) Swim Team (4)		
5PM							
6PM	6:00-7:00pm Lap Swim (2) Swim Team (4) Masters (2)	5:00-8:00pm Lap Swim (3) Swim Team (5)	6:00-7:00pm Lap Swim (2) Swim Team (4) Masters (2)	5:00-8:00pm Lap Swim (4) Swim Team (4)	6:00-7:30pm Lap Swim (8)		
7PM	7:00-8:30pm Lap Swim (8)		7:00-8:30pm Lap Swim (8)	8:00-8:30pm Lap Swim (8)			
8PM		8:00-8:30pm Lap Swim (8)					

From:
DEC. 6, 2025 – JAN. 31, 2026

*Number of swimming lanes available in parentheses
During peak hours, family swim will have 10 minute
breaks at the top of every hour.

Spa Hours*:

Monday – Thursday	6AM – 8:30PM
Friday	6AM – 7:30PM
Saturday	7AM – 6PM
Sunday	8AM – 5PM

Sauna Hours:

Monday – Thursday	6AM – 8:30PM
Friday	6AM – 7:30PM
Saturday	7AM – 6PM
Sunday	8AM – 5PM

CONTACTS:

Julie Mocabee: Aquatics Director
Email – jmocabee@ymcasd.org

Xavier Chavoya: Aquatics Coordinator
Email – xchavoya@ymcasd.org

La Jolla Lightning Youth Swim Team
Email – ljswimteam@ymcasd.org

ADDITIONAL NOTES:

Baseball Season Spa Closures

Monday – Friday: 4:45-6pm

Saturdays: 8am – 6pm

Sundays: 10am – 5pm

*Note: For member safety the spa will be closed when baseball is being played at the field behind the spa. This schedule is subject to change as needed.

Lifeguard training 12/6-7 & 12/13-14 may impact lane availability.